



Jonathan & Judy Hoff *Scholar-Athlete* of the Week

Alex Murray



Recognized for implementing an effective time management plan based on both the resources at his disposal and preferred learning strategies. Alex has been praised by peer support staff for being motivated to consistently excel and push himself further in the classroom. He is constantly on top of his work, completing assignments days in advance of the due date and seeking avenues to unravel trivial content. Although he feels challenged by his courses, he puts in extensive time and relevant effort, focused on getting exceptional marks. He confronts the daily academic demands via a preparation regimen that assesses goals, mindfully targeting actions and outcomes.



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Ben Skinner

Recognized for taking a more engaging stance in his academic, athletic, and personal development, while assessing his growth with intentional strategies that have reaped measurable outcomes. Ben has transformed from a passive listener to an active leader. He is vocal in seeking mentorship from faculty and staff by dedicating time to expand his intellect and ensure that he has a concrete understanding of course content. Beyond the classroom, he has tended to building his peer and professional network via the Golden Bear Advisory Committee. Whether surrounded by teammates or classmates, he has grown to inspire others to challenge themselves both physically and mentally.



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Craig Woodson

Recognized for demonstrating self-accountability via time management strategies and an academic preparation plan tackling responsibilities within and beyond the classroom setting. Craig has been praised by support staff and faculty for actively engaging with course content and maintaining a positive mindset toward the process of learning new material.

He has clearly embraced campus resources as an impactful part of his holistic journey and has received exceptional feedback from faculty confirming his intellectual curiosity and talent as a writer. His devotion to setting the bar high and finding ways to meet the demanding expectations will serve him well!



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Elijah Hicks

Recognized for embracing his intellectual identity via research projects, peer fellowship, and campus leadership opportunities. Elijah was recently selected as the class representative for his Haas School of Business course that examines sports marketing and management practices regionally, nationally and globally. He will serve his fellow peers by attending scheduled meetings and offering perspective upon various themed discussions. Additionally, he has taken advantage of immersing himself into research project opportunities within a challenge lab course, working in cross-discipline start-up teams, to create innovative products via case study analysis.



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Elijah Mojarro

Recognized for demonstrating ownership of his holistic development via tools and resources; setting and assessing his goals, strengths, and interests; and balancing his academic, athletic, and personal well-being. Elijah has been praised by support staff for maintaining consistent productivity during academic development sessions, while embracing the process of acquiring new skill sets and knowledge. He has devoted time to reaching his full potential within all his courses and has received positive feedback regarding how much the staff and faculty enjoy working with him. Much of this incentive was put into motion during the summer via his game plan for success and it has clearly paid off!



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JH Tevis

Recognized for epitomizing the very essence of comprehensive development focused on a holistic balance between the self and the experience. JH's pursuit of active learning stems from his curiosity of humanities in various contexts. In his pursuit of international relations and business, he is inspired by fluency in multiple languages and driven to further enhance his communication skills. Additionally, he seeks to utilize his academic foundation in cultural, political, and economic affairs to advance his professional growth, both within and beyond campus borders, encompassing the pillars of exploration, connection, discovery, engagement, and reflection.



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Matthew Cindric

Recognized for putting in extensive effort to enhance his academic and athletic platform via self-advocacy and utilization of resources. Matthew has been praised by academic support staff for maintaining consistency with his dedication to maximizing tutorial services based on targeted skills.

Simultaneously, he serves as a leader on every study group asking questions and offering to help students work through their own inquiries. Beyond daily academic tasks, he is quite proactive in attending multiple networking and career informational events, and meeting with professors within his intended major to seek degree and career advice.



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Nick Henderson



Recognized for mastering impeccable time management skills allowing him to balance a full course load, maintain commitment to his sport, and map out professional development opportunities. Nick never settles for just knowing the bare minimum – in group tutoring he always tries to “redesign” the problem in a new way to get the full picture and ensure he grasps the topic completely. He welcomes any invitation to make a connection and grow his network, and has already planned out a possible internship career path to set himself up for a desired occupation after college. He has gained tremendous respect among his peers for his strong work ethic and dedication to holistic growth!



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Nikko Remigio



Recognized for taking ownership of his overall development by utilizing campus tools/resources; setting and assessing his goals, strengths, and interests; and balancing his academic, athletic, and personal well-being via measureable outcomes. Nikko has been praised by the ASC support staff for making consistent strides as a scholar since arriving on campus last year – committing to and maintaining accountability via a favorable academic support model. His professors have noted that he routinely engages with course content and offers valid contributions in discussions, positively impacting the classroom environment and his fellow peers.



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Ryan Regan



Recognized for tending to a holistic model of growth that strikes a meaningful balance between academic, athletic, and professional development, while embracing the challenges that come with commitment. Ryan has truly taken ownership of his Cal experience both on and off campus. He has been praised by peer support staff for demonstrating resilience in his courses and pushing himself to excel at a high standard, while encouraging peers to set the bar higher for themselves. Beyond the classroom, he has taken initiative to gain relevant experience with the Lafayette Chamber of Commerce – assisting in planning out and organizing on-site events and overseeing logistics. He was able to learn quick thinking, adaptability, and responsibility, all of which has flowed into his academics and time on the field this semester.



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Robby Rowell



Recognized for putting into practice significant aspects of his Golden Bear Game Plan for Success within his first year. Robby has been strategic in navigating the institution, building academic skills via resources, and identifying discipline-specific pursuits and goals. He has demonstrated initiative in finding a balance between the Athletic Study Center services and those across campus; implementing time management strategies to enhance his performance in the classroom and on the field; and setting S.M.A.R.T. goals into place focused on prerequisite requirements toward specific majors of interest. He is well aware of the machine he is operating within at Cal!



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Trevon Clark

Recognized for fostering impactful strategies that have advanced his self-efficacy within the academic space and enhanced his reading and writing engagement. Trevon has been praised by academic support staff for juggling numerous responsibilities while producing polished essays in a timely manner. He has also managed to stretch the academic routine by injecting greater inquiry into the research process via application of course content to projects. By taking greater initiative on a daily basis, he is serving as an excellent role model for skillfully managing academic, athletic, and personal obligations in a manner conducive to Cal's undergraduate pillars.